

All Over Toning week 9

Perform each exercise in sequence then repeat circuit again

12 repetitions for each set - repeat circuit



Squat Kick

Stand tall with feet shoulder width apart, toes turned out and core engaged. Bend knees as you push hips back to lower body down. Keep chest up and knees behind toes. As you come up, transfer your body-weight onto one foot and use abs to lift knee up and kick foot out in front. Control foot down as you lower down into a squat.



High Plank

On all fours with hands directly underneath your shoulders and head in front of your hands. Step knees back to lengthen body and lower hips down so you

have a straight line from head to your knees. Tilt pelvis underneath to engage lower abdominals. Roll shoulders back and down to engage across shoulder blades and keep core tight. Hold body position for 20 seconds.



Superman

On all fours with hands under shoulders and knees under hips. Lengthen through your spine so your back is flat. Bodyweight

should be even across upper and lower body. Engage core to hold position as you lift alternate arms and leg up and out. Control slowly back and repeat on other side. Avoid rocking over to the side as you lift up. Keep abs tight.



Runners Crunch

Lie on your back with legs up in table-top position and hands behind head with elbows pointing out to the side. Curl abs to bring

shoulders up and chin to the chest. Rotate shoulders to bring opposite elbow to knee. At the same time, extend free leg out. Try to avoid pulling on your neck and use stomach to perform exercise. Control back to start position and repeat on other side.



Russian Twists

Sit tall with legs bent out in front and heels resting on the floor. Place hands in front of stomach with elbows pointing out to the side. Shoulders back

and down and core engaged. Lean upper body back to until you feel your abdominals working. Hold this position as you rotate shoulders to bring elbow down towards floor. Control back to start position and repeat on other side.



Tricep Dips

Sitting tall with good posture on edge of firm chair with hands clasping edge of seat. Core engaged and feet resting flat on floor ahead of you with knees bent. Lift up off the seat so you are holding yourself up on straight arms. Keep back flat and bum close to the seat as your bend elbows to lower body down towards the floor. Use arms to push yourself back up.

To progress, perform 15 repetitions of each exercise and/or three sets of all exercises

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